

Binge Drinking Among Adults

Arkansas, 2008



Binge drinking may increase the risk of developing certain cancers, stroke, and liver disease. It also causes impaired brain function resulting in poor judgment and reduced reaction time that can

increase the risk of motor-vehicle crashes and violence.

Binge drinking is defined as five or more drinks per occasion for men and four or more drinks per occasion for women. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor.

Over 260,000 (13%) adults in Arkansas reported binge drinking in the past 30 days. The following adults are more likely to binge drink:

- ◆ Male adults.
- ◆ Adults younger than age 55.

The chart to the right shows how binge drinking estimates vary by gender, race/ethnicity, education, and annual household income. The graph below shows how binge drinking estimates vary by age for males and females.

Binge Drinking Among Adults in Arkansas, 2008	
Percent (95% Confidence Interval)*	
Gender	
Male	19% (16.0, 21.3)
Female	7% (5.9, 8.7)
Race/Ethnicity	
Black	12% (10.9, 14.0)
White	14% (9.4, 20.8)
Hispanic	18% (10.8, 27.2)
Education	
Less than High School	11% (7.8, 16.4)
High School	13% (10.5, 15.7)
Some College	13% (10.4, 16.8)
College Degree	12% (10.0, 15.0)
Income	
Less than \$15,000	9% (5.6, 12.9)
\$15,000-\$24,999	14% (10.2, 18.0)
\$25,000-\$34,999	10% (6.6, 14.1)
\$35,000-\$49,999	12% (8.3, 15.8)
\$50,000+	16% (13.1, 18.1)

*As a general rule, estimates are considered significantly different if the confidence intervals do not overlap.

